

Annual update of the Children & Adolescent Mental Health Services (CAMHS) Transformation Plan 2015- 2020

Health and Wellbeing Board 26th November 2019



Overview

- Improving mental health services for children and young people (CYP) continues to be a national priority.
- This priority was outlined in the *Future in Mind* report (2015) and has been reconfirmed in the *Mental Health Five Year Forward View* report, *Transforming Children and Young People's Mental Health Provision: a Green Paper* and, more recently, in the NHS Long Term Plan (December 2018)

Local CAMHS Transformation Plans

- To secure additional NHS funding allocations, since 2015 CCGs have published local CAMHS Transformation Plans (LTPs) describing how they plan to increase and improve the provision of emotional and mental health support for CYP
- The ongoing development and implementation of the BaNES LTP is overseen by the CYP's Emotional Health and Wellbeing Strategy Group.
- Locally this work aligns with the BaNES Children and Young Peoples Plan, specifically with the stated priority to “Increase the number of children and young people experiencing good emotional health, wellbeing and resilience” .

Local CAMHS Transformation Plans

- Understanding the needs of CYP is facilitated by data from the bi-annual Schools Health Education Unit survey which is funded and administered by Public Health. In 2019 5,386 CYP completed the survey in B&NES schools.
- NHS England requires LTPs to be refreshed and approved by Health and Wellbeing Boards. The plans are updated annually to reflect developments to date, as well proposals for the coming year.
- This year's is the final refresh of the local LTP before the work stream is incorporated into the BSW Commissioning Alliance's Long Term Plan.

Summary of service developments

- The following slides summarise the main developments to date and proposals for the 2019/20 LTP. A copy of the draft full LTP can be found here:

<https://www.bathandnortheastsomersetccg.nhs.uk/documents/strategies/draft-camhs-transformation-plan>

- Since additional LTP funding has been allocated to BaNES CCG, the following new services have been developed and commissioned:

Summary of service developments

- Specialist Eating Disorder Service (TEDS). This service is meeting national targets for routine and emergency referrals and includes home visits to support family mealtimes.
- Funding for independent counsellors, provided by Off the Record, to work in secondary schools and from accessible bases at Keynsham and Midsomer Norton.
- Subsidy of the counselling provision at Bath College.
- Online support and counselling for any 11-18 y/os living in BaNES (Kooth).
- The Nuture Outreach Service, co-commissioned with schools, which supports children who may be/are struggling to start primary school.
- Therapeutic support for Foster Carers to maintain LAC placements which are at risk of breaking down.

Summary of service developments

- Mental Health Liaison practitioners based at the RUH to support CYP attending for self-harm at A&E and on the children's ward.
- Named CAMHS link workers supporting each secondary school offering training and consultation to school staff and group work with pupils.
- Sustaining a CAMHS Infant Mental Health practitioner to support health visitors who are concerned about poor parent-infant bonding, including direct work with a small caseload.
- School Nurses delivering a Cognitive Behaviour Therapy based course for selected Year 5 classes to help pupils recognise and deal with anxiety.
- Developing the wider children's workforce with THRIVE and THERAPLAY training courses.
- Piloting a service for women with moderate anxiety and/or depression in the perinatal period.

Impact on national Access Targets

- All the above provision has improved CYP's access to mental health services:
- In 2016 NHS England estimated there were 2,925 CYP in B&NES with a diagnosable mental health disorder.
- NHS England set a 2018/19 target of 32% of CYP with a disorder to be accessing support. BaNES exceeded this national access target; 58% of the estimated CYP cohort accessed support.

Proposed spend 2019/20

- The LTP refresh proposes that all these services continue in 19/20 together with additional funding for a practitioner to support children with both ASD and moderate levels of anxiety.
- Total funding for 2019/20 amounts to £699,806. Further details can be found in the LTP.

Other funding streams have resulted in:

- A pilot Mental Health Support Team in selected schools. This new team will start in January 2020 when 4 practitioners start their post graduate courses and, once trained, will provide staff and parent training as well as evidenced based interventions for pupils (approx. 8000 of the most disadvantaged pupils).
- The independent counselling provider, Off the Record, and the CCG has been successful in securing funding of £97,000 per annum to increase access to community counselling for 18-25 year olds.
- Funding from the NHS England Health and Justice Commissioner has been used to support a joint project with Wiltshire CCG to improve psychological support for CYP who display harmful and/or problematic sexual behaviour. Although this funding ends after 2019/20 commissioners plan to ensure some continuity of this specialist support.

The Health & Wellbeing Board is asked to

- Note the progress to date on the implementation of BaNES local CAMHS transformation plan
 - Approve future proposals identified in the draft refresh of the local CAMHS transformation plan.
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- Any questions?